



Institute of Plastic Surgery in San Antonio, P.A.
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PRE-OPERATIVE INSTRUCTIONS

- 1** You may not eat or drink anything after midnight. No water, coffee, or anything else is to be consumed. You may take your usual medications with a sip of water only if directed by your physician.
- 2** Please do not use any form of nicotine (cigarettes, chewing tobacco, or nicotine patch) for at least 8 weeks before and after surgery. All of these products interfere with blood circulation and could cause delayed and/or poor wound healing.
- 3** Do not take aspirin or products that contain aspirin and ibuprofen or any over the counter herbal supplements for two weeks prior to surgery. Please refer to the attached medication sheet to use as a guide.
- 4** Wear something that buttons or zippers to the front. Nothing that pulls over your head. Wear loose pants, socks and **DO NOT** bring any valuables to the hospital. Shower the morning of surgery. No fragranced lotions to the body or surgical site.

SURGERY PRE OP SUMMARY

This packet has been designed to give you as much information before the procedure, so that you will know what to expect and what is expected of you. It is important that you familiarize yourself with its content. If you have questions at any point throughout the process, please do not hesitate to ask.



BEFORE SURGERY

- ✓ DO NOT TAKE ANYTHING containing ASPIRIN OR IBUPROPHEN for four weeks before surgery; it interferes with normal blood clotting. If necessary please take Tylenol instead. No vitamin E for two weeks or any supplements not approved by your surgeon prior to surgery. NO cough or cold medications should be taken 1week prior to your surgery date either, please contact us ASAP if cold symptoms arise.
- ✓ If you are taking birth control or hormone pills, please stop taking those 2 weeks before surgery, unless approved by your doctor.
- ✓ NO SMOKING!!!! You must STOP 8 weeks prior to surgery and 4 weeks after surgery. Smoking will cause a delay with the healing process; it may also cause coughing after anesthesia which causes discomfort and bleeding after your procedure.
- ✓ Please contact us if you develop any signs of infection, boils, or pustules appearing within three weeks of surgery date.
- ✓ Breast surgery procedures may shave underarm areas day before or day of surgery.
- ✓ If you are scheduled for facial surgery and are one whom has hair color treatments, please schedule them 1 week prior to scheduled surgery. You will be unable to color hair for 6 weeks after surgery.
- ✓ Please bring warm socks to your surgery, you will be allowed to wear them into your surgery to maintain your feet warm. Please wear warm ups, shirt that opens to the front.

PLEASE REMEMBER TO SCHEDULE YOUR 1ST APPOINTMENT AFTER SURGERY BEFORE YOU LEAVE TODAY.

APPT. DATE/TIME: Next Day_____ 9:45am



BEFORE SURGERY

- ✓ Sleep must be done at an ELEVATED angle to assimilate a recliner position for the first week after surgery.
- ✓ Leave all dressings intact unless specific instructions are given by nurse or physician.
- ✓ Breast surgery patients must understand that it is EXTREMELY important that you limit the use of your arms for at least two weeks. DO NOT REACH OVER YOUR SHOULDERS, OR EXTEND YOUR ARMS BEHIND YOU. Keep elbows at your sides.
- ✓ Breast surgery patients must also wear their ace wrap for 2 weeks postop surgery. Patients are not to apply creams/ products on incisions, not to wear any bra other than surgical bra, and are to leave surgical tape on.
- ✓ Facial surgery, NO BENDING FORWARD to pick things up, NO TURNING of head/neck rapidly to look side to side. Sneeze with your mouth open. For rhinoplasty surgery, you must wear the splint for 3 weeks. The splint will help reduce the swelling and maintain the shape after surgery. If the splint is removed before the 3 weeks, you run the risk of changing the shape of your nose.
- ✓ Abdominoplasty surgery patients must NOT WALK UP RIGHT, try and squat using thighs and slightly bend forward to help with back discomfort. You will be given instructions when to walk straight. This is to prevent any pulling or tension on your abdominal incision which may compromise your healing process.
- ✓ All surgical procedures are restricted to NO HEAVY LIFTING or driving for 1-2 weeks after surgery UNLESS OTHERWISE AUTHORIZED BY YOUR PHYSICIAN.
- ✓ To help with your recovery after general anesthesia you must walk frequently after your procedure to maintain normal circulation through your extremities. We recommend light walking of approximately 5 minutes for every hour you are awake.
- ✓ NO elective piercings, dental cleanings, dental procedures, manicure, pedicure or tattoos are permitted for at least 3 months after your surgical procedure. If you must have another procedure, prophylactic antibiotics are highly recommended, please contact our office for any questions.
- ✓ Absolutely NO swimming in pools, lakes, rivers or streams. NO soaking in bath tubs or whirlpools for at least 6-8 weeks after your procedure.
- ✓ Sponge bathing is allowed after your procedure and the use of rubbing alcohol also is allowed around the surgical site, but NOT TO BE APPLIED DIRECTLY ON SURGICAL SITE. You may shower after 48-72 hours from surgery date, when showering please allow water to hit you from behind not directly on breast and face until 2-3wks after.



YOU CAN EXPECT

Slight discomfort for the first few days after your surgery.

- ✓ You will be bandaged for 1-3 weeks after surgery.

Please purchase these items to care for your incisions:

Gloves, alcohol, Bacitracin ointment with Zinc, 4x4 gauze, and paper tape, Vitamin C, Zinc, Arnica Montana and Bromelain (available in Dr. Ayala's office) and Tylenol.

Abdominoplasty: Kerlex Roll, Medipore Tape available at Oakdell pharmacy.

Mastopexy/Breast Reduction: Super Sponges, Sports Bra that opens to the Front

Breast Augmentation: Sports Bra that opens to the front. You can purchase the bra at Sports Authority and Academy.

Liposuction: Compression garment (available in Dr. Ayala's office)

Scar Recovery Gel to help the appearance of the scars

- ✓ Breast augmentation patients will need to purchase a "Sports Bra" that opens in the front (may purchase at Academy, but must open to the front). This will be worn after 1 week after your surgical procedure, please bring bra to that appointment. Breast Reduction or Mastopexy patients you will be leaving hospital with a surgical bra that will be worn for 2 weeks and may be removed to wash after your 1st post operative visit.
- ✓ Dr. Ayala may sometimes recommend additional garments to help with the healing process for facelift, abdominoplasty and liposuction.



If you have any questions or problems please feel free to call our office anytime Monday-Thursday 9-5 or Friday 9-12 at 210-692-3223. We have some one on-call over the weekend if you need to reach us at that time.

BREAST AUGMENTATION POST-OP INSTRUCTIONS



ANTICIPATE

- ✓ Breast to be high, flat and close to your clavicle (oval shaped).
- ✓ You will be placed in an ace wrap for possibly the first week after surgery
- ✓ To limit the use of your arms, no reaching, pulling or pushing for the first 2 weeks
- ✓ Keep arms at your side like a “T-Rex” for 2 weeks
- ✓ Keep breast dry and incisions free from pressure
- ✓ Sleep elevated in a reclined position to avoid sleeping on your side and to minimize swelling
- ✓ Massaging instructions will be done at 2 weeks from surgery
- ✓ Avoid direct pressure to your incision from the sports bra
- ✓ Please drink plenty of fluids and eat plenty of protein to help you with your healing process
- ✓ Walk for 5 minutes for every hour that you are awake to minimize the risk of blood clots



LIST OF SUPPLIES

- ✓ 4x4 gauze
- ✓ Bacitracin ointment with Zinc
- ✓ Tape



WOUND CARE

- ✓ Clean breast with alcohol, cover with gauze and secure with tape, must always wear gloves
- ✓ After 1 week you may be placed in a sports bra and possibly a breast band to help with the descent of the implants
- ✓ Incision must be covered with gauze and tape
- ✓ 2-4 weeks after surgery walking for 15 minutes at a time is allowed
- ✓ 4-6 weeks after surgery lower body workout with lifting of up to 10-20 lbs is allowed
- ✓ 8 weeks most patients are fully released to work out as tolerated (start slowly as tolerated)
- ✓ Please be patient as it will take 3 months for your breast to drop.
- ✓ Please review all side effects from the medications prescribed when you receive your medications from the package insert



MEDICATIONS

- ✓ You will receive prescriptions for antibiotics, pain killers, and anti-nausea
- ✓ Please fill prescriptions ASAP to have available for the day of surgery
- ✓ Pain medications will slow down bowel motility and may contribute to mild to moderate constipation, bloating and abdominal distention. Therefore, we advise patients to take pain medication in moderation and those prone to constipation to use an over the counter stool softener, i.e., Colace, Dulcolax, Prunes or high fiber diet.
- ✓ Antibiotics may cause stomach discomfort, i.e., diarrhea, nausea, heart burn. On rare occasion, antibiotics will contribute to persistent diarrhea. If the diarrhea persists, we recommend you seek medical assistance with your family practitioner or an urgent care clinic.

RHINOPLASTY POST-OP INSTRUCTIONS



ANTICIPATE

- ✓ At 1-3 days after your surgery expect swelling to increase
- ✓ After 4 days, swelling and bruising will start to get better
- ✓ Sleep in a recliner to avoid turning to your side
- ✓ You will be a mouth-breather since the packing will not allow you to breathe through your nose
If osteotomies, (reduction of the width of your nasal bridge) were done, expect a significant amount of
- ✓ swelling around your eyes along with bruising
- ✓ Nasal packing and sutures will be removed at 4-6 days after surgery
- ✓ After packing is removed, you can use nasal saline spray to help dry any nasal drainage
- ✓ We encourage patients to take Arnica Montana and Bromelain supplements to help with bruising and swelling
- ✓ Swelling from a rhinoplasty can take up to 1 year to resolve, especially the tip
- ✓ Do not bend over to tie your shoes or pick something up as this will cause blood to rush down and increase drainage and bleeding will occur
- ✓ Sneeze with your mouth opened and avoid straining such as lifting heavy items



LIST OF SUPPLIES

- ✓ Nasal saline spray
- ✓ Q-tips, Bacitracin ointment
- ✓ Gauze
- ✓ Tape



WOUND CARE

- ✓ Change the gauze as needed and secure with tape
If dry blood or mucous is evident, gently clean with a Q-tip soaked in nasal saline spray
Gently apply Bacitracin ointment to the incision



MEDICATIONS

- ✓ You will receive prescriptions for antibiotics, pain killers, and anti-nausea
- ✓ Please fill prescriptions ASAP to have available for the day of surgery
- ✓ Pain medications will slow down bowel motility and may contribute to mild to moderate constipation, bloating and abdominal distention. Therefore, we advise patients to take pain medication in moderation and those prone to constipation to use an over the counter stool softener, i.e., Colace, Dulcolax, Prunes or high fiber diet.
- ✓ Antibiotics may cause stomach discomfort, i.e., diarrhea, nausea, heart burn. On rare occasion, antibiotics will contribute to persistent diarrhea. If the diarrhea persists, we recommend you seek medical assistance with your family practitioner or an urgent care clinic.
- ✓ Walk for 5 minutes for every hour that you are awake to minimize the risk of blood clots

ABDOMINOPLASTY POST-OP INSTRUCTIONS



ANTICIPATE

- ✓ You will need to walk hunched over for the first 2 weeks after surgery
- ✓ You will be seen 1 day after surgery, 1 week after surgery, 2 weeks after surgery, 4 weeks after surgery, 8 weeks after surgery, 3 months after surgery and 6 months after surgery
- ✓ Wear binder only when walking, **DO NOT WEAR BINDER WHILE SITTING**
- ✓ **Refrain from any compressive garments, underwear, binders anywhere near the abdominal area as it may compromise circulation to the skin.**
- ✓ **Refrain from placing drains near the abdominal area, prefer to have it afixed to loose clothing.**
- ✓ Drains will be placed on each side of the incision
- ✓ Right drain will be removed after 1 week
- ✓ Left drain will be removed afer 2 weeks
- ✓ Drains will stay in place if the output is not less than 20ml for a 24 hour period for 2 consecutive days
- ✓ Avoid getting your incision wet
- ✓ Expect discomfort to your back primarily as you will need to walk hunged over
- ✓ You will receive a prescription for antibiotics, pain killers, and anti-nausea
- ✓ Please fill prescriptions ASAP to have available for day of surgery
- ✓ Please drink plenty of fluids and eat plenty of protein to help you with your healing process
- ✓ Walk for 5 minutes for every hour that you are awake to minimize the risk of blood clots



LIST OF SUPPLIES

- ✓ Kerlix Roll
- ✓ Medipore tape
- ✓ Bacitracin ointment



WOUND CARE

- ✓ Clean abdomen with alcohol, gauze and you must wear gloves, apply Bacitracin ointment where the drain is inserted, cover the incision with Kerlix Roll and secure with Medipore tape
- ✓ Dressing changes to be done once a day
- ✓ Apply ointment where the drains are inserted
- ✓ You must be on antibiotics the whole time you have drains in place
- ✓ Please review all side effects from the medications prescribed



MEDICATIONS

- ✓ Pain medications will slow down bowel motility and may contribute to mild to moderate constipation, bloating and abdominal distention. Therefore, we advise patients to take pain medication in moderation and those prone to constipation to use an over the counter stool softener, i.e., Colace, Dulcolax, Prunes or high fiber diet.
- ✓ Antibiotics may cause stomach discomfort, i.e., diarrhea, nausea, heart burn. On rare occasion, antibiotics will contribute to persistent diarrhea. If the diarrhea persists, we recommend you seek medical assistance with your family practitioner or an urgent care clinic
- ✓ Continue taking Vitamin C, Zinc, Bromelain and Arnica as directed. (Instructions are on the bottle)

AYALA

PLASTIC SURGERY



ASPIRIN CONTAINING DRUGS

Advil	Excedrin
Aleve	Fiorinal
Aspirin	Ibuprofen
Alka Seltzer	Motrin
Anacin	Naprosyn
Arthritis Pain Formula	Panalgesic
Ascriptin	Percodan
Aspergum	Robaxin
Bayer	Pepto-Bismol
Bufferin	Sine-Aid
Coricidin	Talwin
Darvon	Vanquish
Ecotrin	Zorprin
Equagesic	

ANTICOAGULANTS

Coumadin or Warfarin
Dicumarol
Heparin and Derivatives
Injectables
Panwarfin

HERBAL SUPPLEMENTS

Echinacea	Licorice Root
Fish Oil	Kava Kava
Ginkgo Biloba	St. Johns Wort
Ginseng	Valerian
Garlic	Vitamin E
Ginger	Glucosamine
Chondroitin	

OTHER

Aldomet
Quinidine
Anti-Cancer
Agents
Rufen
Clinoril
Tetracycline
D-Thyroxine
Plavix
Indocin

PLEASE PURCHASE MEDICATIONS BELOW:

Tylenol Extra Strength 500 mg every 6 hours, to take when you are not taken Vicodin or Tylenol #3

Vitamin C 1000 mg every day, take it 2-4 weeks before surgery

Zinc - take as directed on package, take it 2-4 weeks before surgery

Arnica Montana and Bromelain, Take 3 days before surgery as directed. This helps with bruising and swelling.